

## #10 Life experience...

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thelifeofmine3.wordpress.com/2023/03/04/life-experience/

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| What experiences in life helped you grow the most?

With my personal experience...i couldn't be so expressive with my family, friends and very closed persons of mine...always i wished to have a person to share whatever i think but i also feared to be in judgement so i won't... But with the stranger...only i speak 2-3 days and never been in contact with those i could share whatever i think (like in blog)... Without judgements...most of times its helps me grow in mental health...and stress free

*Prompt. . .*

